



DOMESTIC VIOLENCE

ARE YOU A VICTIM?

WHICH SYMPTOMS OF ABUSE FIT YOUR LIFE?

Using Emotional Abuse

- Putting the other person down
- Making the other person feel bad about themselves
- Calling the other person names
- Making the other person think they are crazy
- Playing mind games
- Humiliating the other person
- Making the other person feel guilty

Using Economic Abuse

- Preventing the other person from getting or keeping a job
- Making the other person ask for money
- Giving the other person an allowance
- Taking the other person's money
- Not letting the other person know about or have access to family income

Using Intimidation

- Making the other person afraid by using looks, gestures, or actions
- Smashing things
- Abusing pets
- Displaying Weapons

Using Privileges

- Treating the other person like a servant

- Making all the big decisions
- Acting like the master of the castle
- Being the one who determines the roles

Using Coercion and Threats

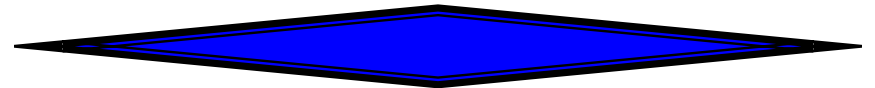
- Making or carrying out threats to do something to hurt the other person
- Threatening to leave the other person, to commit suicide, report the other person to welfare
- Making the other person drop charges
- Making the other person do illegal things

Using Children

- Making the other person feel guilty about the children
- Using the children to relay messages
- Using visitation to harass the other person
- Threatening to take the children away

Minimizing, Denying, Blaming

- Making light of the abuse and not taking the other person's concerns about it seriously
- Saying the abuse never happened
- Saying the other person caused it
- Shifting responsibility for abusive behavior



HAVE ANY OF THE FOLLOWING EVER HAPPENED TO YOU?

Does your partner:

Blame everyone else especially you, for his or her mistakes?

Yes____ No____

Prevent you from seeing your family or friends?

Yes____ No____

Curse you, say mean things, mock you or humiliate you?

Yes____ No____

Force you to have sex or force you to engage in sex that makes you feel uncomfortable?

Yes____ No____

Restrain, hit, punch, slap, or kick you?

Yes____ No____

Intimidate or threaten you?

Yes____ No____

Ever prevent you from leaving the house, getting a job, or continuing your education?

Yes____ No____

If you answered "Yes" to any of these questions, you may be in an abusive relationship. The Riverdale Police Department can assist you in obtaining warrants, orders of protection and counseling. Call (770)996-3382 or contact the Clayton County Domestic Violence Hotline toll free at 1800-334-2836

Domestic Violence Separation Safety Plan

Name: _____ Date: _____

Case #: _____ Officer: _____

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about *how* to respond to him/her and how to best get myself and my children to safety.

Step 1: Safety during a violent incident. Victims cannot always avoid violent incidents. In order to increase safety, battered victims may use a variety of strategies.

I can use some or all of the following strategies:

- A. If I decide to leave, I will _____. **(Practice how to get out safely. What doors, windows, elevators, stairwells or fire escapes would you use?)**
 - B. I can keep my money and car keys ready and put them (place) _____ in order to leave quickly.
 - C. I can tell _____ about the violence and request they call the police if they hear suspicious noises coming from my house.
 - D. I can teach my children how to use the telephone to contact the police and the fire department.
 - E. I will use _____ as my code for my children or my friends so they can call for help.
 - F. If I have to leave my home, I will go _____ **(Decide this even if you don't think there will be a next time)**. If I cannot go to the location above, then I can go to: _____ or _____.
 - G. I can also teach some of these strategies to some/all of my children.
 - H. When I expect we are going to have an argument, I will try to move to a space that is lowest risk, such as _____. **(Try to avoid arguments in the bathroom, garage, kitchen, near weapons or in rooms without access to an outside door).**
 - I. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we are out of danger.
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Step 2: Safety when preparing to leave. Battered victims frequently leave the residence they share with the battering partner. Leaving must be done with a careful plan in order to increase safety. Batterers often strike back when they believe that a battered victim is leaving the relationship.

I can use some or all the following safety strategies:

- A. I will leave money and an extra set of keys with _____ so that I can leave quickly.
 - B. I will keep copies of important documents or keys at _____.
 - C. I will open a savings account by _____, to increase my independence.
 - D. Other things I can do to increase my independence include:
 - E. **The Clayton County domestic violence program's toll-free hot line number is 1-800-334-2836** and I can seek shelter by calling this hot line.
 - F. I can keep change for phone calls on me at all times. I understand that if I use my telephone credit card, the following month the telephone bill will tell my batterer those numbers that I called after I left. To keep my telephone communications confidential, I must either use coins, a prepaid phone card or I might get a friend to permit me to use their telephone credit card for a limited time when I first leave.
 - G. I will check with _____ and _____ to see who would be able to let me stay with them or lend me some money.
 - H. I can leave extra clothes with _____.
 - I. I will sit down and review my safety plan every _____ in order to plan the safest way to leave the residence. _____ (domestic violence advocate or friend) has agreed to help me review this plan.
 - J. I will rehearse my escape plan and, as appropriate, practice it with my children.
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Step 3: Safety in my own residence. There are many things that a victim can do to increase her/his safety in their own residence. It may be impossible to do everything at once, but safety measures can be added step by step.

Safety measures I can use include:

- A. I can change the locks on my doors and windows as soon as possible.
- B. I can replace wooden doors with steel/metal doors.
- C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.
- D. I can purchase rope ladders to be used for escape from second floor windows.
- E. I can install smoke detectors and purchase fire extinguishers for each floor in my house/apartment.
- F. I can install an outside lighting system that lights up when a person is coming close to my house.

- G. I will teach my children how to use the telephone to make a collect call to me and to _____(friend/minister/ other) in the event that my partner takes the children.
- H. I will tell people who take care of my children which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

_____(school),
_____(day care staff),
_____(babysitter),
_____(Sunday school teacher),
_____(teacher),
_____(and),
_____(others),

- I. I can inform _____(neighbors),
_____(pastor), and,
_____(friend) that my partner no longer resides with me and they should call the police if he is observed near my residence.

Step 4: Safety with a Protection Order. Many battered victims obey protection orders, but one can never be sure which violent partner will obey and which will violate protection orders. I recognize that I may need to ask the police and the court to enforce my protection order.

The following are some steps that I can take to help the enforcement of my protection order:

- A. I will keep my protection order _____(location) **(Always keep it on or near your person).**
- B. I will give my protection order to police departments in the communities where I usually visit family or friends, and in the community where I live.
- C. My protection order should be listed nationwide in the (GCIC) Georgia Crime Information Computer that all police departments can access to confirm a protection order. I can check to make sure that my order is in system by contacting Riverdale Police Department and having them check GCIC.
- D. For further safety, if I often visit other counties in Georgia, I might notify police of my protection order within those counties. I will notify police in the following counties: _____ and _____ that I have a protection order in effect.
- E. I can call the local domestic violence program if I am not sure about B, C, or D above or if I have some problem with my protection order.

- F. I will inform my employer, my minister, my closest friend and _____ and _____ that I have a protection order in effect.
 - G. If my partner destroys my protection order, I can get another copy from the Clayton County Courthouse by going to the Magistrate Court Clerk's office on the 2nd floor.
 - H. If my partner violates the protection order, I can call the police and report a violation, contact my attorney, call my advocate, and/or advise the court of the violation.
 - I. If the police do not help, I can contact my advocate or attorney and will file a complaint with the Internal Affairs Division of the police department.
 - J. I can also file for a criminal warrant with the magistrate court in the jurisdiction where the violation occurred. I can charge my battering partner with a violation of the Temporary Protection Order and all the crimes that he/she commits in violating the order. I can call the Clayton County Magistrate Court or the Victim/Witness Assistance Office to help me with this.
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Step 5: Safety on the job and in public. Each battered victim must decide if and when he/she will tell others that their partner has battered them and that he/she may be at continued risk. Friends, family and co-workers can help to protect victims. Each victim should consider carefully which people to invite to help secure his/her safety.

I might do any or all of the following:

- A. I can inform my boss, the security supervisor and _____ at work of my situation.
 - B. I can ask _____ to help screen my telephone calls at work.
 - C. When leaving work, I can _____.
 - D. When driving home if problems occur, I can _____.
 - E. If I use public transit, I can _____.
 - F. I will go to different grocery stores and shopping malls to conduct my business and shop at hours that are different than those when residing with my battered partner.
 - G. I can use a different bank and take care of my banking at hours different from those I used when residing with my battered partner.
 - H. I can also _____.
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Step 6: Safety and drug or alcohol use. Most people in this culture use alcohol. Many use mood-altering drugs. Much of this use is legal and some is not. The legal outcomes of using illegal drugs can be very hard on a battered victim, may hurt his/her relationship with their children and put him/her at a disadvantage in other legal actions with the battering partner. Therefore, victims should carefully consider the potential cost of the use of illegal drugs. But beyond this, the use of any alcohol or other drug can reduce a victim's awareness and ability to act quickly to protect themselves from the battering partner. Furthermore, the use of alcohol or other drugs by the batterer may give him/her an excuse to use violence. Therefore, in the context of drug or alcohol use, a victim needs to make specific safety plans.

If drug or alcohol use has occurred in my relationship with the battering partner, I can enhance my safety by some or all of the following:

- A. If I am going to use, I can do so in a safe place and with people who understand the risk of violence and are committed to my safety.
 - B. I can also _____.
 - C. If my partner is using, I can _____.
 - D. I might also _____.
 - E. To safeguard my children, I might _____ and _____.
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Step 7: Safety and my emotional health. The experience of being battered and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life for myself takes much courage and incredible energy.

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

- A. If I feel down and ready to return to a potentially abusive situation, I can _____.
- B. When I have to communicate with my partner in person or by telephone, I can _____.
- C. I can try to use "I can..." statements with myself and to be assertive with others.
- D. I can tell myself - " _____ " whenever I feel others are trying to control or abuse me.
- E. I can read _____ to help me feel stronger.
- F. I can call _____, _____ and _____ as other resources to be of support of me.

- G. Other things I can do to help me feel stronger are _____,
and _____.
- H. I can attend workshops and support groups at the domestic violence program or _____, or
_____ to gain support and strengthen my relationship with other people.
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Step 8: Items to take when leaving. When victims leave partners, it is important to take certain items with them. Beyond this, victims sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.

Money : Even if I have never worked, I can legally take 1/2 of the funds in the checking and savings accounts as Georgia is a community property state. If I don't take any money from the accounts, he/she can legally take all money and/or close the account and I may not get my share until the court rules on it if ever.

These items might be placed in one location, so that if we have to leave in a hurry, I can grab them quickly.

When I leave, I should have:

Identification for myself

Children's birth certificates

My birth certificate

Social security cards

School and vaccination records

Money

Checkbook, ATM (Automatic Tellers Machine) card

Credit cards

Keys - house/car/office

Driver's license and registration

Medication

Welfare identification, work permits, Green card

Passport(s), Divorce papers

Medical records - for all family members

Lease/rental agreement, house deed, mortgage payment book

Bank books, Insurance papers

Small saleable objects

Address book

Pictures, jewelry

Children's favorite toys and/or blankets

Items of special sentimental value

Telephone numbers I need to know:

Riverdale Police Department - Emergency- 911

Riverdale Police Department Non-Emergency (770) 996-3382

Securus House Toll- Free Hotline/Crisis: - 1-800 334-2836

Securus House Battered Women's Shelter – (770) 961-7233

Clayton County District Attorney's Office – (770) 477-3452

Victim/Witness Assistance – (770) 603-4110

Clayton County Magistrate Court – (770) 477-3444

Police - school resource officer_____

My Work number_____

Supervisor's home number_____

Minister_____

Other_____

I will keep this document in a safe place and out of the reach of my potential attacker.

Review date:_____